

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claim 1-5 (cancelled).

Claims 6-8 (previously cancelled).

Claim 9-11 (cancelled).

Claims 12-14 (previously cancelled).

Claims 15 (cancelled).

Claim 16 (previously cancelled).

Claim 17-18 (cancelled).

Claim 19 (currently amended) The [An] abdominal exercise machine [as set forth in] of claim [5] 39, wherein

[said lower attachment means comprising a] the pivot joint providing a combination of a pivot motion along the axis of said semi-rigid member and a rotational pivoting motion.

Claims 20-21 (previously cancelled).

Claim 22 (cancelled).

Claim 23 (currently amended) [An] The abdominal exercise machine [as set forth in] of claim [5] 37, [wherein] further comprising:

[said lower attachment] a coupling means comprising a ball joint having a ball joint assembly, a ball joint cover, and an opening;

said [semi-rigid] elongate flexible member coupled to
said ball joint via said opening of said ball joint assembly; and
said ball joint allowing for a side to side as well as a
front to back motion of said [semi rigid] elongate flexible
member.

Claim 24 (currently amended) [An] The abdominal exercise machine [as set forth in]
of claim 23, wherein

said at least one upper grasping portion [generally
extending members of said upper member being] are
substantially parallel to said [lower member] upper thigh
engagement member.

Claim 25-26 (cancelled).

Claim 27 (amended) An abdominal exercise machine for exercising
abdominal muscles, comprising:

an upper member and a lower member, said upper
member and said lower member comprising generally
extending members, and an upper body and a lower body,
wherein the extending members are non-pivotally coupled to
the upper body and lower body; and

said semi-rigid members are detachably attachable to
said upper member and said lower member.

Claims 31-32 (previously cancelled).

Claim 33 (currently amended) An abdominal exercise machine for exercising
abdominal muscles, comprising:

means for [engaging a frontal upper body portion]
grasping an upper portion of the abdominal exercise machine;

means for engaging [a frontal lower body portion] a
top of an user's thighs; and

semi-rigid means for flexibly resisting compression,
said semi-rigid means coupling said grasping means [upper
body engaging] and said [lower body] thigh engaging means,
said semi-rigid means spanning abdominal muscles for exercise
thereof;

whereby abdominal muscles are exercised when said
semi-rigid means undergoes compression when said [upper
body portion] is brought towards said lower body portion and
feedback is provided during a predetermined abdominal
exercise.

Claim 34 (previously cancelled).

Claim 35-36 (cancelled).

Claim 37 (new) An abdominal exercise machine for exercising abdominal muscles, comprising:

at least one upper grasping portion positionable in front of a user and configured so as to be held by at least one of a user's hands and further so shaped and configured in size to be engaged by a user's chest;

an elongated flexible member flexible along some portion of its length and positionable in front of a user and connected to said upper grasping portion at a first end;

an upper thigh engagement member of a shape, size and configuration so as to comfortably rest on a user's upper thighs in a standing, sitting or lying position and attached to a second end of an elongated flexible member;

wherein the user can position the machine in front during use and be held between a user's upper thigh portions and chest area so as to provide resistance during a stomach crunch motion and yet still provide visual cuing during use so as to view the degree of flexing of the elongated member during use.

Claim 38 (new) The abdominal exercise machine of claim 37 further comprising two upper grasping members, wherein

the upper grasping members are spaced apart approximately 0° to approximately 180°.

- Claim 39 (new) The abdominal exercise machine of claim 37 wherein
 the coupling means is a pivoting joint.
- Claim 40 (new) The abdominal exercise machine of claim 37 wherein
 the coupling means is an attachment body extending from the lower
member, wherein
 the attachment body includes an opening sized to receive the second end
of the substantially planar and elongate member.
- Claim 41 (new) The abdominal exercise machine of claim 37 wherein
 the at least one upper grasping member are rotatable handgrips.